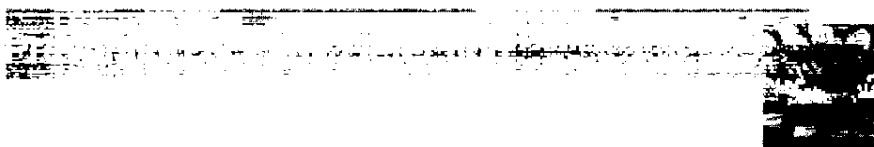



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Preparing To Quit

Now you're ready to look into smoking cessation options. You may want to discuss this with your pharmacist or other health care professional. In choosing the method that's appropriate, consider these factors

- How long you've been smoking.
- How many cigarettes you smoke a day.
- What triggers your urge to smoke.
- Whether you smoke on a regular schedule or randomly.
- Whether you experience intense morning cravings.
- Whether you've tried to quit in the past.
- Why you had problems quitting or staying off cigarettes.

You will also need a support program to help you overcome the psychological and behavioral aspects of smoking as you reduce your nicotine intake.

The most common smoking cessation methods are:

- Cold Turkey
- Gradual
- Nicotine Replacement Therapy

Gum or patch - which is right for you?

To find out, check which statements apply to you.

1. Smoke at irregular intervals (such as more in the evening).
2. Want to relieve cravings as they occur throughout the day.
3. Want something to occupy your hands.

If you have answered "yes" to 2-3 of the items above, then nicotine gum may be your best choice. Nicotine gum provides oral gratification and allows you to control your dosage schedule to help keep periodic cravings at bay.

- OR -

1. Smoke at regular intervals (such as once every 1/2 hour).
2. Want once-a-day convenience.

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3. Prefer not to chew gum.

If you have answered "yes" to 2-3 of the items above, then the nicotine patch may be your best choice. Nicotine patches provide once-a-day convenience to help prevent cravings throughout the day.

Next steps

Don't keep your intention to quit a secret. Tell your friends and family that you are trying to quit smoking and let them know what they can do to support you - and invite other smokers you know to join you so that you can reinforce each other's efforts.

Keep smoking "out of sight and out of mind" by getting rid of cigarettes, lighters, matches and ashtrays from your home, office and car; asking friends and family members not to smoke around you; and vacuuming your home and car to remove the smell of cigarettes (don't forget to send your clothes to the dry cleaner for freshening).

Avoid bars and other spots where other smokers gather; calm the jitters with long strolls and deep breaths of fresh air; go to the movies, museum or other places where smoking is not allowed; keep your hands busy (try a crossword puzzle or building a model ship).

Strengthen your resolve by making a friendly wager with a co-worker or a family member that you can stay smoke-free all day on your quit day, and then the day after, for a whole week, and so on.

The Three Phases of Quitting:

1. ▶ Deciding To Quit
2. ▶ Preparing To Quit
3. ▶ Following Through

The Complete Guide to Quitting

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